

# *Get's Guide To Aromatherapy*

## Most Common Essential Oils with Potential Physical & Mental Benefits

### Angelica Root

Dull skin, gout, psoriasis, toxin build-up, water retention  
Exhaustion, nervousness and stress

### Anise

Bronchitis, colds, coughs, flatulence, flu, muscle aches, rheumatism  
Depression

### Basil

Bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism and sinusitis  
Fatigue, exhaustion, burnout, memory and concentration

### Bay

Dandruff, hair care, neuralgia, oily skin, poor circulation, sprains and strains  
Emotional exhaustion and fatigue

### Bay Laurel

Amenorrhea, colds, flu, loss of appetite, tonsillitis.  
Confidence, mental confusion

### Benzoin

Arthritis, bronchitis, chapped skin, coughing, laryngitis  
Insecurity

### Bergamot

Acne, abscesses, anxiety, boils, cold sores, cystitis, halitosis, itching, loss of appetite, oily skin, psoriasis  
Anger, anxiety, confidence, depression, stress, fatigue, fear, peace, happiness, insecurity and loneliness

### Bois de Rose (Rosewood)

Acne, colds, dry skin, dull skin, fever, flu, frigidity, headache, oily skin, scars, sensitive skin, stress, stretch marks  
Depression, emotional imbalance

### Cajeput

Asthma, bronchitis, coughs, muscle aches, oily skin, rheumatism, sinusitis, sore throat  
Fatigue, mental confusion

### Cardamom

Appetite loss of, colic, halitosis  
Fatigue, stress, shame, guilt

### Carrot Seed

Eczema, gout, mature skin, toxin build-up, water retention  
Anxiety, confusion, exhaustion, mood swings and stress

### Cedarwood Atlas

Acne, arthritis, bronchitis, coughing, cystitis, dandruff and dermatitis  
Anxiety, fear, insecurity and stress

### Cedarwood

Acne, arthritis, bronchitis, coughs, cystitis, dandruff, dermatitis, insect repellent,  
Stress, anxiety, fear and insecurity

### German Chamomile

Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, rheumatism, sores, sprains, strains, wounds  
Anger, anxiety, depression, fear, irritability, loneliness, PMS and stress

### Roman Chamomile

Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, wounds  
Anger, anxiety, depression, fear, irritability, loneliness, insomnia and stress

### Cinnamon

Constipation, exhaustion, flatulence, lice, low blood pressure, rheumatism, scabies  
Concentration, emotional and mental fatigue

### Citronella

Excessive perspiration, fatigue, headache, insect repellent, oily skin  
Mind fog, tension

### Sage, Clary

Amenorrhea, asthma, coughing, gas, labour pains, sore throat  
Anxiety, fatigue, exhaustion, fear, loneliness and stress

### Clove

Arthritis, asthma, bronchitis, immune system, rheumatism, sprains, toothache  
Memory and concentration, fatigue, depression

### Coffee

Improves circulation  
Focus, wakefulness, invigorating, uplifting

### Coriander

Aches, arthritis, colic, gout, indigestion, nausea, rheumatism  
Fatigue, irritation

### Cypress

Excessive perspiration, haemorrhoids, oily skin, rheumatism, varicose veins  
Confidence, grief, memory and concentration

### Dill

Cramping, spasms, digestion  
Soothing, calming when overwhelmed

### Elemi

Bronchitis, catarrh, extreme coughing, mature skin, scars, stress, wounds  
Agitation, grief

### Eucalyptus Globulous

Arthritis, bronchitis, catarrh, cold sores, colds, coughing, poor circulation, sinusitis  
Concentration, memory

### Fennel

Bruises, cellulite, flatulence, halitosis, nausea, obesity, toxin build-up, water retention  
Fatigue, emotional imbalance

### Fir

Muscle aches, cramps, respiration, congestion  
Pleasant and grounding

### Frankincense

Anxiety, asthma, bronchitis, extreme coughing, scars and stretch marks  
Anxiety, depression, fatigue exhaustion and burnout, fear, grief, happiness and peace, insecurity, loneliness, panic and panic attacks and stress

### Galbanum

Immune system abscesses, acne, boils, bronchitis, cuts, lice, mature skin, muscle aches, poor circulation, rheumatism, scars, sores, stretch marks, wounds  
Emotional rigidity, mood swings, nervousness and stress

### Geranium

Acne, cellulite, dull skin, lice, menopause, oily skin  
Anxiety, depression, happiness, mood imbalance and stress

### Ginger

Aching muscles, arthritis, nausea, poor circulation  
Fatigue exhaustion and burnout

### Grapefruit

Cellulite, dull skin, toxin build-up, water retention  
Confidence, fear depression, happiness and peace, and stress

### Helichrysum

Abscesses, acne, boils, burns, cuts, dermatitis, eczema, irritated skin, wounds  
Grief, loneliness, panic and panic attacks, shock

### Hyssop

Bruises, coughing, sore throat, respiratory system  
Concentration, nervousness

### Jasmine

Dry skin, labour pains, sensitive skin  
Stress, depression, fear, fatigue exhaustion and burnout, confidence and anger

### Juniper Berry

Cellulite, gout, haemorrhoids, obesity, rheumatism, toxin build-up, urinary system  
Agitation, negative energy

### Lavender

Acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, earache, flatulence, head ache, hypertension, insect bites, insect repellent, itching, labour pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo, whooping cough  
Anxiety, depression, irritability, panic attacks and stress

### Lemon

Athlete's foot, colds, corns, dull skin, flu, oily skin, spots, varicose veins, warts  
Fear happiness and peace, memory and concentration

### Lemongrass

Acne, athlete's foot, digestion, excessive perspiration, flatulence, insect repellent, muscle aches, oily skin, scabies, stress  
Fatigue and mental confusion

### Lime

Immune system  
Fresh and uplifting

### Linden Blossom

Headache, migraine, Acne, dull skin, oily skin, scars, spots, wrinkles  
Insomnia, stress, tension

### Mandarin

Supports healthy digestion  
Anxiety, nervous tension, irritability, uplifting

### Marjoram

Aching muscles, arthritis, cramps, migraine, neuralgia, rheumatism, spasm, sprains  
Mood swings, PMS symptoms, stress

### Melissa

Flu, indigestion, herpes, nausea, shingles and cold sores  
Agitation, anxiety, dementia, nervous tension

### Myrrh

Amenorrhea, athlete's foot, bronchitis, chapped skin, gums, halitosis, itching, ringworm  
Emotional imbalance, creativity

### Myrtle

Acne, asthma, coughs, haemorrhoids, irritated skin  
Addiction and self destructive behaviour, depression

### Neroli

Mature skin, oily skin, scars, stretch marks  
Anxiety, depression, anger, irritability, panic attacks and stress

### Niaouli

Acne, bronchitis, colds, coughs, dull skin, oily skin, sore throat  
Concentration and mental fog

### Nutmeg

Arthritis, constipation, muscle aches, nausea, circulation, rheumatism, digestion  
Mental fatigue

### Bitter Orange

Colds, constipation, dull skin, flatulence, slow digestion  
Anger, confidence, depression, fear, happiness, peace and stress

### Oregano

Coughs, digestion, respiration  
Insecurity

### Parsley

Congestion, digestion, diuretic, immune system, kidney infections and stones  
Frigidity

### Patchouli

Acne, cellulite, chapped skin, dandruff, dermatitis, eczema, mature skin, oily skin  
Fatigue, frigidity exhaustion and stress

### Black Pepper

Aching muscles, arthritis, detox, constipation, muscle cramps, poor circulation, digestion  
Anxiety, fatigue, concentration

### Peppermint

Asthma, colic, exhaustion, fever, flatulence, headache, nausea, scabies, sinusitis, vertigo  
Fatigue, exhaustion, burnout, memory & concentration

### Petitgrain

Rapid heartbeat, insomnia  
Anxiety, panic

### Pine

Colds, congestion, cough, flu, lungs sinusitis  
Depression, fatigue, nervous exhaustion

### Rose

Eczema, mature skin  
Anger, anxiety, frigidity, depression, grief, menopause, happiness, peace, loneliness, panic and panic attacks, stress

### Rosemary

Aching, arthritis, dandruff, dull skin, exhaustion, muscle cramps, circulation, rheumatism  
Fatigue exhaustion and burnout, confidence, memory and concentration

### Sandalwood

Bronchitis, chapped and dry skin, laryngitis, oily skin, strep throat, urinary tract problems  
Anxiety, depression, exhaustion and burnout, fear, grief, irritability and stress

### Spearmint

Asthma, exhaustion, flatulence, headache, nausea, scabies  
Depression, mental fatigue

### Tangerine

Circulation boosting, supports healthy immune function  
Uplifting, stress relief

### Tea Tree

Immune boosting, infection, burns, cuts, insect repellent, athletes foot, dandruff  
Focus, wakefulness

### Thyme

Arthritis, bronchitis, candida, cuts, dermatitis, gastritis, laryngitis  
Concentration and memory

### Vanilla

Supports digestion, promotes hunger  
Relaxing and uplifting

### Vetiver

Acne, arthritis, muscular aches, oily skin, rheumatism  
Anger, anxiety, exhaustion, insomnia, fear, grief, insecurity and stress

### Violet Leaf

Bronchitis, insomnia, liver congestion, sluggish circulation, problem skin  
Fear, nostalgia, obsession, shyness

### Yarrow

Acne, arthritis, inflammation, hair care, hypertension, insomnia  
Insomnia, stress and tension

### Ylang Ylang

Hypertension, menopause and PMS symptoms, palpitations  
Anger, depression, frigidity, mood swings, PMS, stress

Aromatherapy on its own is not intended to treat or cure illness or disease.

Please consult a physician if you have ongoing medical concerns and are on medication, as certain oils can affect potency, etc..